

## TAKE HOME SHEET



**Series:** Unsettled  
**Message:** Learning to Deal  
**Speaker:** Kim Feld  
**Date:** October 12/13, 2019

**Has anxiety been a struggle for you?**

**If so, how has your struggle with anxiety impacted you?**

**Read Elijah's story in 1 Kings 17-19.**

**What stood out to you about Elijah's story?**

**What area of your life might God be asking  
"What are you doing here?"**

**Spend some time meditating on these  
verses:**

*Give all your worries and cares to God, for he  
cares about you.*

1 Peter 5:7 (NLT)

*Search me, O God, and know my heart; test me  
and know my anxious thoughts.*

Psalms 139:23 (NLT)

*Always be full of joy in the Lord. I say it again—  
rejoice! Let everyone see that you are  
considerate in all you do. Remember, the Lord is  
coming soon. Don't worry about anything;  
instead, pray about everything. Tell God what  
you need, and thank him for all he has done. ...*

Philippians 4:4-9 (NLT)

*<sup>28</sup> Then Jesus said, "Come to me, all of you who  
are weary and carry heavy burdens, and I will  
give you rest. <sup>29</sup> Take my yoke upon you. Let me  
teach you, because I am humble and gentle at  
heart, and you will find rest for your souls. <sup>30</sup> For  
my yoke is easy to bear, and the burden I give  
you is light."*

Matthew 11:28-30 (NLT)

**Resources:**

The YouVersion Bible App has some new Bible  
reading plans on Anxiety. Check these out:

1. 7 Things the Bible Says About Anxiety
2. Finding Peace
3. Anxious for Nothing
4. From Anxiety to Peace
5. Breaking Anxiety's Grip

**BIBLE TRANSLATIONS:**

NLT – New Living Translation

MESSAGE NOTES



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<sup>2</sup> Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy.

<sup>3</sup> For you know that when your faith is tested, your endurance has a chance to grow. <sup>4</sup> So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

James 1:2-4 (NLT)

**Anxiety is defined as a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.**

**Step out of avoidance and denial.**

**Admit your need.**

Now Elijah, who was from Tishbe in Gilead, told King Ahab, "As surely as the Lord, the God of Israel, lives—the God I serve—there will be no dew or rain during the next few years until I give the word!"

1 Kings 17:1 (NLT)

<sup>2</sup> Then the Lord said to Elijah, <sup>3</sup> "Go to the east and hide by Kerith Brook, near where it enters the Jordan River. <sup>4</sup> Drink from the brook and eat what the ravens bring you, for I have commanded them to bring you food." <sup>5</sup> So Elijah did as the Lord told him and camped beside Kerith Brook, east of the Jordan. <sup>6</sup> The ravens brought him bread and meat each morning and evening, and he drank from the brook.

1 Kings 17:2-6 (NLT)

<sup>36</sup> At the usual time for offering the evening sacrifice, Elijah the prophet walked up to the altar and prayed, "O Lord, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant. Prove that I have done all this at your command. <sup>37</sup> O Lord, answer me! Answer me so these people will know that you, O Lord, are God and that you have brought them back to yourself."

<sup>38</sup> Immediately the fire of the Lord flashed down from heaven and burned up the young bull, the wood, the stones, and the dust. It even licked up all the water in the trench!

1 Kings 18:36-38(NLT)

<sup>3</sup> Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. <sup>4</sup> Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died." <sup>5</sup> Then he lay down and slept under the broom tree.

1 Kings 19:3-5a (NLT)

**How does God respond to our need? He meets us in it.**

<sup>28</sup> Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30 (NLT)



Whether you call it stress, anxiety or feeling unsettled, the impact is similar. It can be mild or debilitating, robbing us of our peace, contentment and hope. Even if you aren't experiencing it personally, you have friends and family that are. God offers all of us a different way to live where we don't have to live under the tyranny of stress and anxiety. Come join us as we discover how God created us to live in an unsettled world, but with peace, hope and confidence.

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## FIRST TIME GUESTS

We promise we're not going to make you stand up in front of everyone or track you down, but we'd love to know you were here today! Simply fill out your communication card in the seat back in front of you and check the "First Time Guest" box. On your way out, stop by Guest Services at the front doors and get your FREE welcome gift. We're glad you are here!

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**WE'RE  
SO GLAD  
YOU JOINED  
US TODAY!**

**newhope**  
CHURCH

We're honored when people choose to do church with us. New Hope is for anyone who wants to seek God - from those exploring if He even exists, to devoted Christ-followers. Wherever you are, you'll find we are committed to showing the love of Jesus and helping people establish a relationship with Him. We are casual, laid-back and far from perfect. **ALL are welcome!**

**QUALITY 5K RUN/WALK RIGHT IN LORTON!**

# HOPE FOR HELP

## 5K RUN/WALK

OCTOBER 19TH, 2019

Run Thru the Crosspointe Community

**AMAZING COLOR RUN FOR AGES 2-12!  
VIRTUAL & TEAM OPTIONS**



The seventh annual Hope for Help 5K Run/Walk will take runners and walkers through the beautiful Crosspointe subdivision in Lorton and promises a fast finish. The course is great for race enthusiasts as well as families and friends coming out to walk the course and experience the thrill of being a part of a great cause. With the Chronotrack timing system, coupled with a fast course, the run promises awesome and accurate "chip times" at this 5K.

A Mini Color Run is a unique experience focused less on "speed" and more on "crazy color fun" for the kids. Color runners come from all different ages and speeds; but everyone participating has a blast! Color Run races will be broken up by age groups (all under the age of 12) and take place entirely on the New Hope Church campus. It's a great way to end the event by watching your kids have a blast. Medals and t-shirts for all participants!

**TO FIND OUT HOW YOU CAN GET INVOLVED OR TO REGISTER, GO TO [HOPEFORHELP5K.COM](http://HOPEFORHELP5K.COM) TODAY!**

All of the proceeds for this event will benefit Feed My Starving Children, an organization committed to feeding starving children around the world.



**newhope**  
CHURCH

## SO, HOW CAN YOU GET INVOLVED?

**REGISTER** for the Hope for Help 5K and/or Kids' Mini Color Fun Run. You can run or walk. You don't want to miss this day of fun for the entire family. You can register today by going to **hopeforhelp5k.com**. We are incredibly excited to announce that each person registering for the event will have an opportunity to promote your fundraising page. Through this page, you can raise awareness and donations for the much-needed meals for starving children. With 6,200 children dying each day from undernutrition around the world, hope is needed. Through all of our efforts, we are making a difference.

**VOLUNTEER** your time. We need over 100 volunteers to assure that our event is first class. We have jobs to fit any person. To sign up to volunteer, please stop by Guest Services to see a list and description of all of the volunteer positions, You can also go online to **bit.ly/5kvols2019** to reserve your spot today.

**SPONSOR** the race! 100% of the money that comes from sponsors will be used to fund the food for the MobilePack event November 22nd through 24th. If you are interested in becoming a sponsor, please stop by Guest Services to get a copy of the Sponsorship Booklet, check out the sponsorship tab on the website, or send an email to **5k@newhope.org**.

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**THANKS FOR BEING PART OF HELPING  
TURN HUNGER INTO HOPE!**

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The Landing is a unique group for students in 6th-12th grade who want help in dealing with difficult life issues. It's also a place for the students who haven't faced those intense battles, but want to have greater wisdom in case life gets tough down the road. Being a teenager today is tough. Sometimes things can just plain suck. Don't worry,

we got you! We want to know YOU and what it's like to be YOU. This is safe place to talk openly about real life, learn new ways of coping, hear some music, and even have a little fun.

For the next two weeks (10/15 & 10/22) we're talking about bullying. Dealing with bullying can be one of the scariest things you do, but when we have faith in God and ask for His help in those situations, He will be there for us always.

The Landing meets on Tuesdays from 7- 8:30 pm. Learn more at [www.thingscansuck.com](http://www.thingscansuck.com). You can also reach us via email at [info@thingscansuck.com](mailto:info@thingscansuck.com) or call 703.971.4673 ext 120. Follow us on Twitter, Instagram and Facebook @thingscansuck.



## **CELEBRATE RECOVERY**

Celebrate Recovery is a Christ-centered 12 Step recovery program to help find freedom from all kinds of hurts, habits and hang-ups. This freedom creates peace, serenity, joy and most importantly, a stronger personal relationship with God and others. Please join us Friday nights at 7 pm at New Hope Church. All are welcome! Find out more at [cr.newhope.org](http://cr.newhope.org).



## DISCOVERING PARTNERSHIP

For those of you ready to investigate partnership at New Hope, we are offering a Discovering Partnership Class, on Sunday, October 27th from 12:45 - 2:45 pm upstairs in the Large Room. We'll even provide lunch and childcare. Register online at [bit.ly/dpcfall2019](http://bit.ly/dpcfall2019).



### TWO SMALL GROUP INVITATIONS:

**A women's group in Lorton** is starting a new study called, *Just Open the Door* by Jen Schmidt. This is a seven-session series looking at biblical hospitality. Come learn how to replace cultural expectations with biblical hospitality to create a legacy of invitation and reflect Jesus through simple acts of service. We'll start on Tuesday, October 15th from 9:30 - 11 am. Please send an email to Sherry at [sherry.feehs@newhope.org](mailto:sherry.feehs@newhope.org) to join in.

**A men's group in Lorton** is starting a new study called, *Grace Filled Marriage* by Tim & Darcy Kimmel. Why isn't the love that gets couples married enough to keep them married? Come and participate in this eight-session series and learn how a grace filled marriage can lead to a life that truly makes a difference! We'll start on Wednesday, October 16th at 7 pm. Please contact Bill at 703.599.7807 to join in.

## DIFFERENCE MAKER (N.)

*a follower of Jesus who wants to use their gifts, passions and stories to make a difference in the places God has given them influence.*

Research shows that a church's website and online service are the first things people check out before they consider visiting in person. That means we need to provide the same friendly welcome online that we offer everyone who steps through our doors. Our Livestream Team is in desperate need of a redo and more volunteers. If you're not currently serving, this might be the perfect place for you! Please let us know at [worship@newhope.org](mailto:worship@newhope.org).

## FINANCE UPDATE - SEPTEMBER OFFERING

SEPTEMBER BUDGET \$198,466

SEPTEMBER ACTUAL \$196,754

SEPTEMBER OVER/(UNDER) (\$1,712)

YTD BUDGET \$1,717,634

YTD ACTUAL \$1,654,129

YTD OVER/(UNDER) (\$63,505)



## MEN'S BREAKFAST



SIGN UP NOW AT [BIT.LY/OCT19MEN](https://bit.ly/oct19men)  
SATURDAY, OCT 26TH @ 8AM • \$5



#MADENEW

We believe baptism is a powerful and important step for everyone who has decided to trust and follow Jesus. It's an outward declaration of a growing inner faith and relationship with Jesus.

Our next Baptism Celebration is on Saturday, November 2nd at

2:00. If you've never been baptized, this might be the perfect time. If you've been hesitant before because of the video taping of your story (not required!) or feel unsure about getting baptized in front of a crowd, please reconsider your decision. Learn more at one of the Baptism Information Meetings in the auditorium following all services the weekend of October 19/20. You can also sign up or ask questions by emailing us at [baptism@newhope.org](mailto:baptism@newhope.org).





Saturday, December 7th · 9 am – 2 pm

**Calling all crafters and DIY experts! All proceeds from our Christmas Market go to fund our upcoming mobilepack with Feed My Starving Children, happening here at New Hope on November 22-24. There are many ways that you can be involved:**

**Volunteer - there are lots of ways to help out! Please sign up at [bit.ly/2019cmvol](http://bit.ly/2019cmvol).**

**Be a Market Participant (please note that participants donate all the proceeds from the sale of their items to our work with FMSC). Sign up at: [bit.ly/2019cmparticipant](http://bit.ly/2019cmparticipant).**

**Be a Vendor – this is for those of you who own your own businesses and would like to register for a table to sell your product. Sign up at: [bit.ly/2019cmvendor](http://bit.ly/2019cmvendor).**

**Questions? Contact Kim Feld at [kim.feld@newhope.org](mailto:kim.feld@newhope.org)**

# mark your calendar

**oct**

**10.19**  
Hope for Help  
5K/Color Run

**10.19/20**  
Baptism  
Information  
Meetings

**10.26**  
Men's  
Breakfast

**10.27**  
Mission Muffins

**10.27**  
Discovering  
Partnership

**nov**

**11.02**  
Baptism  
Celebration

**11.10**  
Mission Muffins

**11.16**  
Holiday of  
Hope Begins

**11.22-24**  
FMSC  
Mobilepack

**11.23**  
Coat Drive  
Begins

**dec**

**12.07**  
Christmas  
Market

**12.14**  
Family  
Breakfast

**12.18**  
Women's  
Christmas  
Party

**12.22**  
Mission Muffins

**12.24**  
Christmas Eve  
Services

**jan**

**1.26**  
Mission Muffins

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